







Fitness Class Schedule

Winter 2012- January & February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		7:00-7:45 H.I.T. Curtiss		 7:00-7:45 Snow Sport Lana
10:45-11:30 Body Sculpt Monika	10:45-11:30 Bootcamp - Indoor Lana	10:45-11:30 Body Sculpt Monika	10:45-11:30 Fitness Kickboxing Kate	
11:35-12:20 H.I.T. Tara	11:35-12:20 Athletic Step Lana	11:35-12:20 Fitball & Core Ross	11:35-12:20 Butts & Guts Joanna	 11:35-12:20 TGIF Curtiss
12:30-1:30 Yoga – Yin/Yang Colleen	12:30-1:30 Pilates Dorothy	12:30-1:30 Yoga-Vinyassa Flow Colleen	12:30-1:15 Butts & Guts Andrea	12:30-1:30 Zumba Amber
 4:30-5:15 Bootcamp- Basic Training Ross	 4:30-5:30 Yoga- Yin Dawson	 4:30-5:00 Express Sculpt  5:00-5:30 Express Circuit		

Important Dates:

December 12: Registration for Winter Classes (Jan & Feb)
 February 13: Registration for Mar & April Classes
 February 20- No Classes (Family Day)

Classes start January 9 and run until March 2, 2012

No refunds after January 4, 2012

Yoga participants are encouraged to purchase and bring their own yoga mat. No mats will be provided.

Priority Waiting List: If you could not get into certain classes in this session, your name will be on a "Priority Waiting List". Your spot will be guaranteed for the next session.

If you have any questions please contact the Livingston Club Fitness Centre at 403.716.2007 or livingstonfitness@bentallkennedy.ca

ATHLETIC STEP: Step started in the 80's, but has grown over 30 years. Its evolved into less dance, more athleticism, less emphasis on choreography, more of a total body workout. Join Athletic Step for one of the best cardio workouts you'll get.

BODY SCULPT: Looking to tone up your body? This muscular endurance class works the entire body with the use of various equipment (ie. weights, Fitballs, tubing, steps, body bars and more). If you like to feel the burn, this class is for you. All fitness levels welcome. Min 8 Max 15.

BOOTCAMP:

Total body workout, where cardio, strength and core are all built through calisthenics, resistance training and interval work. Classes run rain or shine: indoor or outdoor. Min 8 Max 15.

BASIC TRAINING: An introduction to interval and circuit training, designed for those new to bootcamp-style classes. Emphasis is placed on technique, education and form rather than on intensity.

INDOOR: During the snowy months stay indoors, but receive the same great upper and lower body workout as you work through a variety of drills with a variety of equipment.

BUTTS & GUTS: Frustrated with your problem areas? This high energy class will burn calories as you tone your legs and glutes, develop core strength and improve posture and balance. It's a full body workout that will leave you wanting more. Min 8 Max 15.

EXPRESS CIRCUIT: Rotate through strength, power and cardio stations in this 30 minute muscle blast. Pairs well with Express Sculpt for an extended workout. Min 8 Max 15

EXPRESS SCULPT: 30 minutes that will fly by with various toning and endurance exercises. It may not be the full burn, but should smolder through the weekend. Pairs well with Express Strength for an extended workout. Min 8 Max 15

FITBALL & CORE: Discover how a colorful, oversized ball can enhance your overall fitness. Training on the ball develops the stabilizing muscles that are critical in posture and performance. Increase your core strength, challenge both upper & lower body and have fun! Min 8 Max 15.

FITNESS KICKBOXING: This class has everything on your checklist: Strength training? Yes. Cardio training? Yes. Core? Yes. Cathartic? Maybe. Fun? Definitely! Min 6 Max 15.

Note: Participants may wish to purchase their own gloves through the fitness desk.

H.I.T.: Join Tara as she leads the group through "High Intensity Training". Even though this is an advanced class, the low rep format and focus on technique make it an appropriate strength class for all but the beginner. Min 8 Max 15.

PILATES: Pilates is a method of total body conditioning that will emphasize body alignment, core strength, use of breath, and flexibility. Pilates facilitates general movement, and posture awareness, and is excellent cross training for many sports (i.e. running, golf, skiing, etc.). Min 8 Max 18

SNOW SPORT: This functional winter sport conditioning class will have ready for the slopes and trails! Core conditioning, balance and total body strength drills aim to improve performance and body composition this winter. Open to all - snow newbies included. Min 8 Max 15.

TGIF: A mixed bag of strength, cardio, core, and flexibility. Based entirely on the whim of the instructor you might get kickboxing, circuits, yoga, core or whatever else Curtiss decides.

YOGA: is a combination of many things, a veritable yin and yang. Strength and flexibility training is accomplished through many different asanas (or poses). Mind and spirit are calmed through pranayama (or breathing and meditation practices). Afterwards the body and soul are re-invigorated for the challenges of work, play and life in general. Min 8 Max 18

VINYASSA FLOW: A yoga practice that links postures in a way that promotes a flow of energy. A group of postures may be linked together building on top of each other to create a deeper, fuller experience. This practice is energizing and creative so that no 2 practices are alike although the same fundamental poses will be present.

YIN & YIN/YANG: Yin focuses on opening up the shoulders, back, and hips by targeting connective tissues and ligaments through long, gentle holds. Its great for restoring the body, and recreating length and stretch for the body. Yang classes then progress to more active/strengthening poses to energize the body. Suitable for all levels.

ZUMBA: This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Min 8 Max 15.

★★ Please arrive on time as it's disruptive to other participants and the instructor when you arrive late. ★★

★★ *All classes are self-paced, which means that you determine the intensity that is best for you. It's easy; just listen to your body; exercise according to your fitness level.* ★★